



December 2018

InSeason! Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value on vitamin C! That's more than half of your daily need in less than a cup!

May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: 03 Mini Blueberry Muffin Lunch: BBQ Beef Sandwich	Breakfast: 04 Breakfast Pizza Lunch: Chicken Drumstick	Breakfast: 05 Gingerbread Marranito Lunch: Frito Pie	Breakfast: 06 Sausage Biscuit Lunch: Fish Shapes	Breakfast: 07 Mini Pancake Wrap Lunch: Pepperoni Pizza
Breakfast: 10 Oatmeal Breakfast Bar Lunch: Cheeseburger Macaroni	Breakfast: 11 Pig in a Blanket Lunch: Hot Dog	Breakfast: 12 Cinn. Breakfast Round Lunch: Chicken Flautas	Breakfast: 13 Chicken Biscuit Lunch: Hamburger	Breakfast: 14 Breakfast Bites Lunch: Wild Mike's Cheese Bites
Breakfast: 17 Mini Blueberry Muffin Lunch: Mini Corn Dogs	Breakfast: 18 Pig in a Blanket Lunch: Hot Dog	Breakfast: 19 Gingerbread Marranito Lunch: Nachos Grande	Breakfast: 20 Sausage Biscuit Lunch: Chicken Sandwich	Breakfast: 21 Mini Pancake Wrap Lunch: Pepperoni Pizza
24 Student Holiday	25 Merry Christmas	26 Student Holiday	27 Student Holiday	28 Student Holiday
31 Student Holiday				

Announcements

The IISD School Cafeterias offer a variety of fruits, vegetables and whole grain items each day at breakfast and lunch.

Please visit www.inglesideisd.org or call (361) 776-7451 for additional information about the IISD Child Nutrition Program.

Meal Prices

Student Meals are served free of charge to all students at Breakfast and Lunch.

This Institution is an Equal Opportunity Provider.